



HEPATITIS EDUCATION FOR INMATES





Overview

Hepatitis

- who gets it, how it is spread, signs and symptoms
- types of hepatitis

Special Issues

- dealing with inmates
- protecting yourself
- dealing with family members





Types of Hepatitis

There are several different types of hepatitis

The most common types of hepatitis are

- hepatitis A
- hepatitis B
- hepatitis C





Source: http://www.som.tulane.edu/classware/pathology/medical_pathology/McPath/GR_Liver/Liver1.html



What is Hepatitis?

What is hepatitis?

- It is an inflammation (infection) of the liver

Acute (sudden, fast)

- Short term

Chronic (long-term)

- Liver disease
- Infectious





Viral Hepatitis A

Important things to know about hepatitis A

- it is a liver disease caused by the hepatitis A virus (HAV)
- the hepatitis A virus can affect anyone
- In the United States, hepatitis A can occur in a few areas or in whole regions

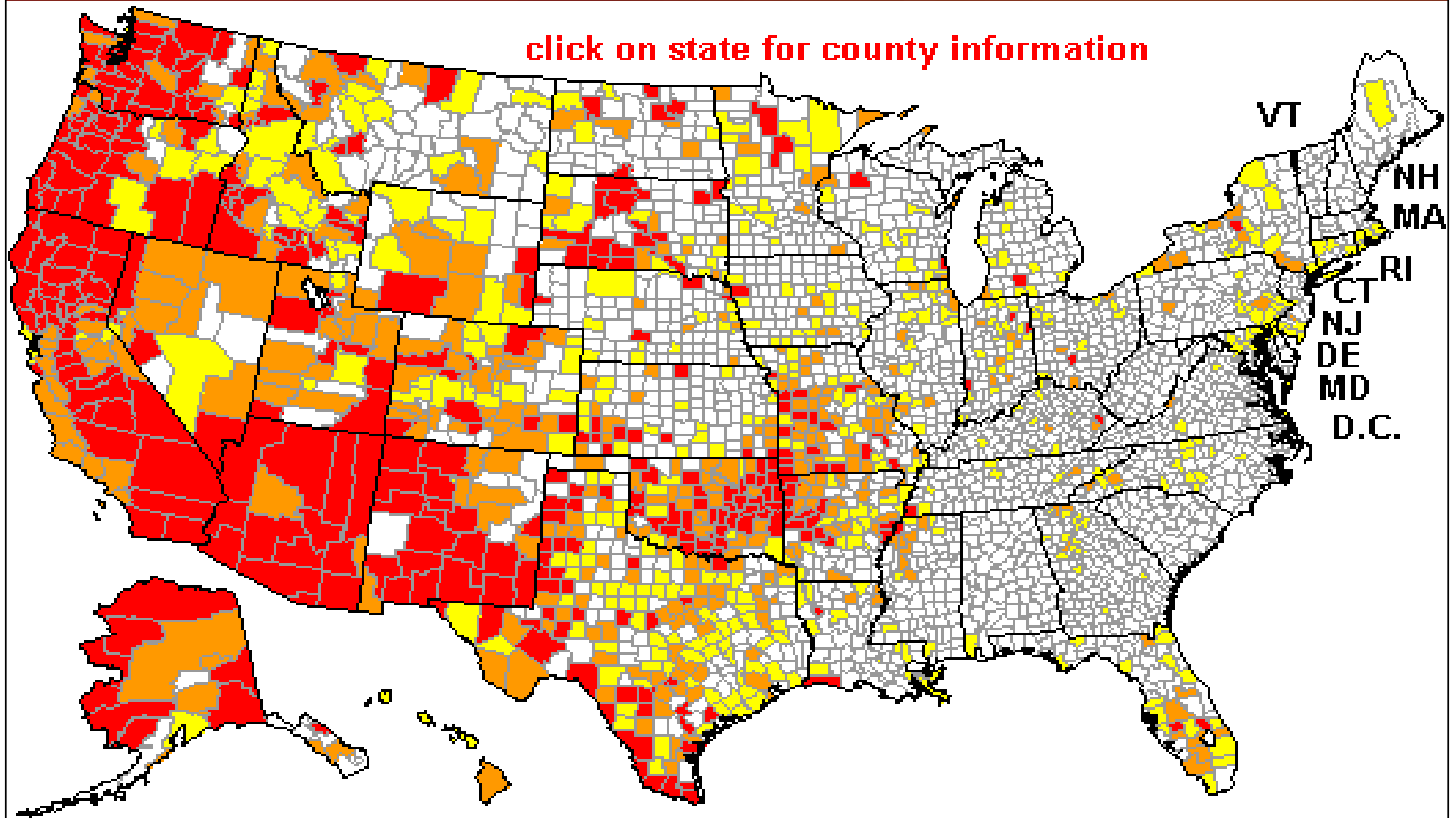




Average Reported Cases of Hepatitis A Per 100,000 Population, 1987-1997

Source: <http://www.cdc.gov/ncidod/diseases/hepatitis/a/vax/index.htm>

click on state for county information





How Do You Get Hepatitis A?

Hepatitis A virus is

- in the “poop” of persons infected with hepatitis A

Hepatitis A virus is usually spread

- Putting something in your mouth (food, water, hands) that has touched the “shit” of a person with hepatitis A
- Most infections come from someone with hepatitis A that you live with or have sex with





Signs and Symptoms of Hepatitis A

Hepatitis A virus affects people differently

- **Some people have no physical complaints when they are infected with the hepatitis A virus**
- **Older persons are more likely to have symptoms than children**





Signs and Symptoms of Hepatitis A

If symptoms are present, they usually occur suddenly

- fever
- tiredness
- loss of appetite
- nausea
- abdominal discomfort
- jaundice (yellowing of the skin and eyes)
- dark urine





Getting Hepatitis A

How long does it take to get hepatitis A after being exposed to someone who has hepatitis A?

- The average incubation period for hepatitis A is 28 days (range: 15–50 days)

How long does it last?

- Symptoms usually last less than 2 months
- Some persons are ill for as long as 6 months



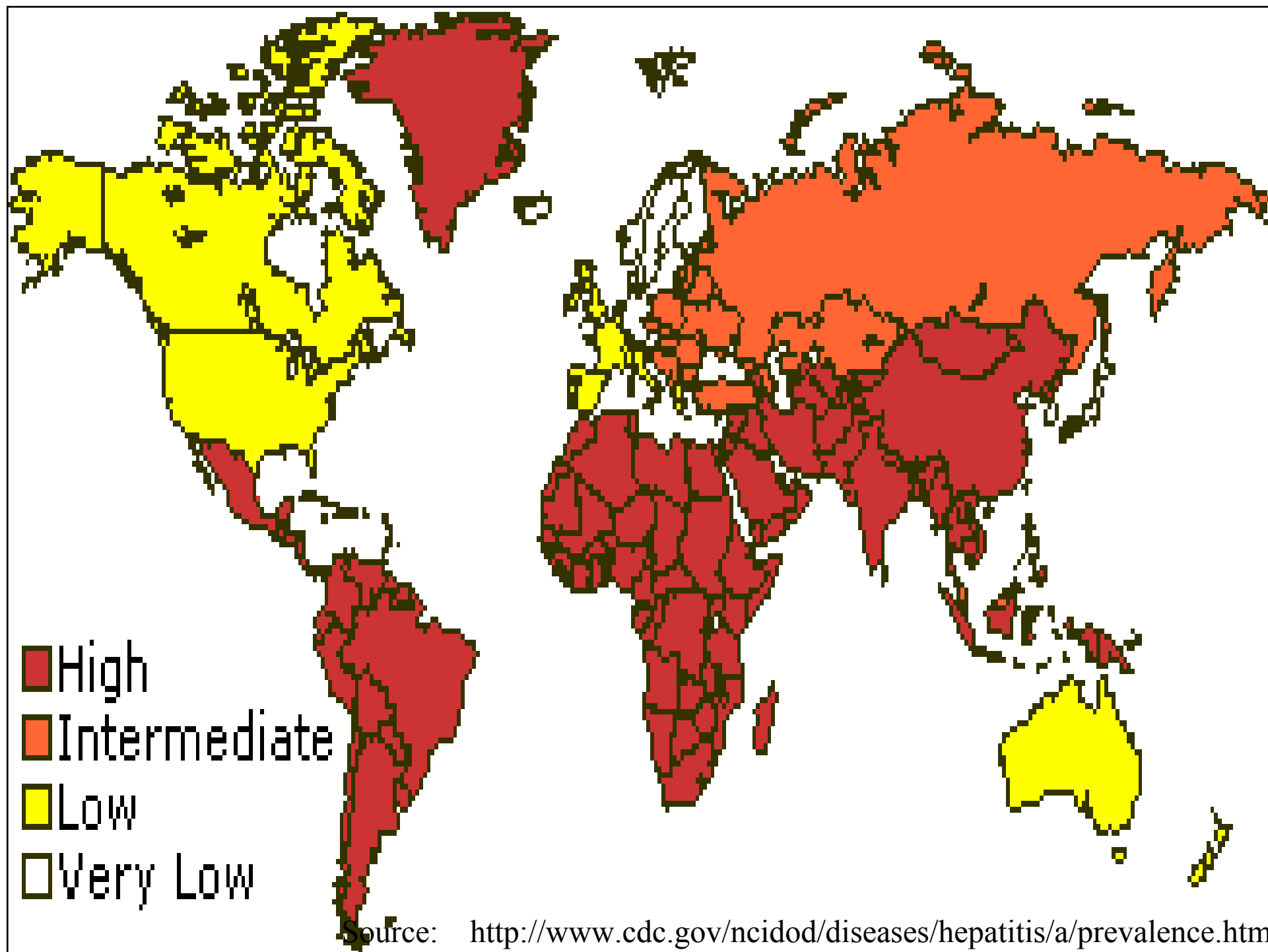


Persons at Risk

Who is more at risk of getting hepatitis A?

- People living with HAV-infected persons
- Sex contacts of infected persons
- Persons, especially children, living in regions of the U.S. with increased rates of hepatitis A
- Men who have sex with men
- Injecting and non-injecting drug users
- Persons traveling to countries where hepatitis A is present







Long-Term Effects of HAV

Good news

- There is no chronic (long-term) infection
- Once you have had hepatitis A you cannot get it again

Bad News

- About 15% of people infected with HAV will have sustained or re-occurring symptoms over a 6 to 9 month period





Preventing HAV Infection

Injections (shots)

- Hepatitis A vaccine
- Immune globulin

Personal Hygiene

- Hand washing
- Wearing disposable gloves





Vaccination for Hepatitis A

If Exposed to the Hepatitis A Virus

- A short-term immunoglobulin is given within 2 Weeks

If Not Exposed to the Hepatitis A Virus

- Long-term vaccine lasts approximately 20 years
- Two injections over 6 to 12 months
- Must get second injection for long-term effect





Preventing HAV Infection

Injections (shots)

- Hepatitis A vaccine
- Immune globulin

Personal Hygiene

- Hand washing
- Wearing disposable gloves





Summary of Hepatitis A

Remember

- the HAV is spread through contaminated food or water
- Symptoms are various complaints
- There is no long-term infection and you cannot get it again
- Best way to protect against HAV is vaccination and hand washing





Viral Hepatitis B

What causes hepatitis B?

- Hepatitis B is a disease of the liver caused by the hepatitis B virus (HBV)
- The HBV can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death





Prevalence of Hepatitis B

How many have hepatitis B?

- In 1998, an estimated prevalence of 80,000
- An estimated 1.25 million Americans are chronically infected
- The prevalence of hepatitis B among inmates in 1997 was 36,000





Who Is at Risk?

Who can get it?

- Hepatitis B can affect any non-immunized person
- Persons with multiple sex partners or diagnosis of a sexually transmitted disease
- Men who have sex with men
- Sex contacts of infected persons
- Injection drug users





Risks to Hepatitis B

Who is at risk?

- Household contacts of chronically infected persons
- Infants born to infected mothers
- Infants/children of immigrants from areas with high rates of HBV infection
- Health care and public safety workers
- Hemodialysis patients





Spread of Hepatitis B

You can get infected with HBV by:

- **Contacting blood, or body fluids containing blood, while you are not immune**
- **Sharing needles to inject drugs or paraphernalia (e.g., spoons, cotton, water)**
- **Having sex with an infected person without using a condom**





Hepatitis B Virus Carriers

How is it transmitted?

- Some HBV-infected persons carry the virus and can infect others
- In the United States, about one million people the carry HBV





Symptoms of Viral Hepatitis B

If you have the hepatitis B virus you may

- have eyes or skin turn yellow
- lose your appetite
- have nausea, vomiting, fever, stomach or joint pain
- feel extremely tired and not be able to work for weeks or months

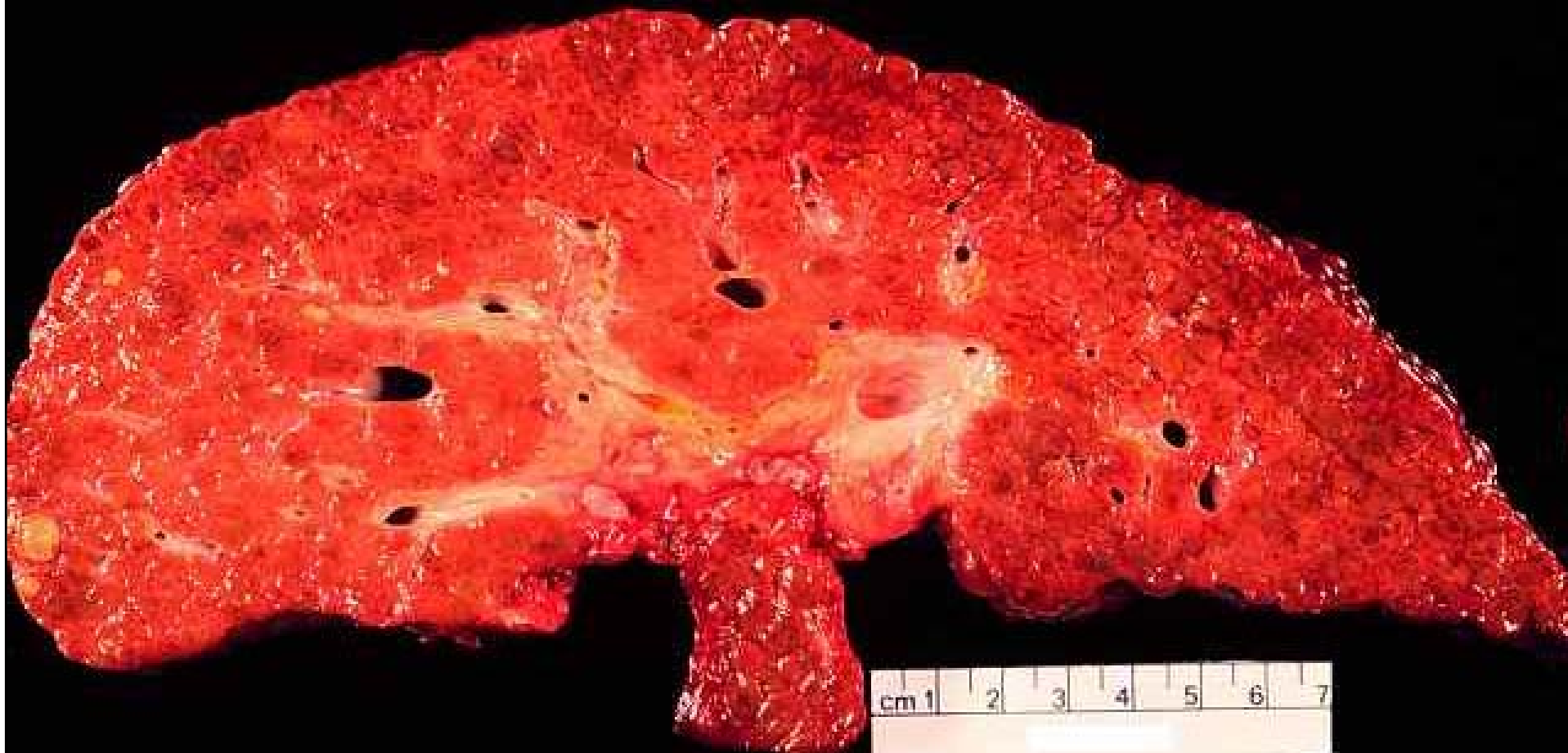


ABC



Source: <http://www.ecbt.org/Diseasepics.html>

ABC



Source: <http://tpis.upmc.edu/tpis/Ryan/HBV.html>





Cure and Prevention of Hepatitis B

Is there a “cure”?

- There is no “cure” for chronic hepatitis B
- Prevention and changing behavior is so important

Hepatitis B vaccine is the best protection against HBV

- Three doses are needed for complete protection





Hepatitis B Vaccination

Who should get vaccinated?

- All babies, at birth
- All children 0-18 years of age who have not been vaccinated
- Persons of any age whose behavior puts them at high risk for HBV infection
- Persons whose jobs expose them to human blood





Viral Hepatitis C

Cause

- Viral hepatitis C is caused by the hepatitis C virus (HCV)
- HCV can be found in the blood of a person with hepatitis C
- People with hepatitis C will carry the HCV in their blood for the rest of their lives, and could pass the virus on to others



ABC



Source: <http://tpis.upmc.edu/tpis/Ryan/HCV.html>



Viral Hepatitis C

Prevalence

- An estimated 3.9 million Americans have been infected with HCV, of whom 2.7 million are chronically infected
- Most infections are due to illegal injection and drug use
- Significantly higher for inmates versus the US population (10x higher)





Viral Hepatitis C

Long-term effects

- Long-term infection will occur in 75-85% of infected persons
- Life-long liver disease in 70% of chronically infected persons
- Deaths from chronic liver disease in less than 3%
- Leading reason for liver transplant





Prevention of Hepatitis C

Prevention

- No vaccine

Best prevention is behavior change

- Do not shoot drugs
- Do not share personal items such as razors or toothbrushes
- Avoid tattoo or body piercing





Special Issues in Jails and Prisons

Issues to avoid

- biting and scratching by inmates
- being exposed to inmate blood on personal items
- touching beds and sheets contaminated with blood
- sharing razors or toothbrushes
- having sex with other inmates
- getting a tattoo





Preventive Measures

Remember

- Do not touch other inmates' blood, saliva or body fluids
- Wash hands often
- Talk to health staff





Summary

Hepatitis A

- rectal-oral
- vaccine for hepatitis A
- acute infection

Hepatitis B & C

- blood
- vaccine for B, none for C
- contaminated needles, unprotected sex, many sex partners





Final Comments



Hepatitis Education For Inmates

Test

1. Hepatitis B is a disease caused by infection with which of the following?
 - a. Bacteria
 - b. Virus
 - c. Foreign body
2. The hepatitis C virus affects primarily which organ in the body?
 - a. Liver
 - b. Spleen
 - c. Heart
3. Hepatitis C virus may be spread by
 - a. Sitting next to someone with hepatitis
 - b. Sharing needles to shoot drugs
 - c. Donating or giving blood
4. How would you know if you had hepatitis?
 - a. Your ankles would swell up
 - b. You might bleed from your nose
 - c. You might have a yellow color to your skin and eyes
5. The doctor finds hepatitis B by
 - a. Getting an x-ray of the stomach
 - b. Getting a blood test
 - c. Looking at the skin
6. If you have hepatitis, what should you avoid?
 - a. Whiskey
 - b. Running
 - c. Pears
7. A good way not to get hepatitis B is to
 - a. Have no sex
 - b. Take herbs
 - c. Get a shot to stop it
8. Only children get hepatitis A.
 - a. True
 - b. False
9. The best way to not get viral hepatitis C is by making careful choices.
 - a. True
 - b. False
10. You get which hepatitis by drinking bad water?
 - a. Viral hepatitis A
 - b. Viral hepatitis B
 - c. Viral hepatitis C